

10-153



olesta1@cspinet.org
03/29/2005 05:03 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 3-29-2005

Name: [REDACTED]

Age: 18

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3-27-2005 12:00pm

When problem? 8hrs hours 0mins minutes

When problems end? 12:00am

Still persist? No

Occations: no

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

Grease was leaking out of my ass-hole. you cant say there is NO FAT in the product when there is a fat substiute instead. Why would there be oil in my toilet if there was no oil in the product?!

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: 1/4 of package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

i thought i was just going to fart... but it was orange loose greasy poo.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? im doing that right now

Media? No

web site? the bag of chips



olesta1@cspinet.org
03/30/2005 10:35 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 3/30/05

Name: [REDACTED]

Age: 46

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 11:30 am on 3/29/05

When problem? 1.5 hours minutes

When problems end? 9:00 pm

Still persist? No

Occations: 1 day

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools:
- Nausea: mild
- Fecal urgency:
- Flatulence/Gas:
- Bloating:
- Abdominal cramps: moderate
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

also had splitting headache after cramps went away.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 17 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

ordered lunch and then couldn't eat any of it and had to leave the restaurant.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? not very interested, more interested in sending me coupons

Media? No

web site? google

10-155



<olestra1@cspinet.org>

03/31/2005 03:21 PM

To <olestra@cspinet.org>

cc

bcc

Subject Olestra Form

Date: 03/30/2005

Name: [REDACTED]

Age: 31

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/29/05, 10pm

When problem? 6 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting:
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: medium, amount: a few chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have=
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? i'm calling first thing tomorrow

10-156



olesta1@cspinet.org
03/31/2005 05:50 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 3/31/05

Name: [REDACTED]

Age: 51

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/14/05, 3/15/05, 3/18/05

When problem? 1 hours minutes

When problems end? 3/22; diarrhea only

Still persist? Yes

Occations: 5-7

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: none
- Other: bloating and nausea

additional details:

Frequent urination at inappropriate and inconvenient times.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Media? Yes

web site? a friend googled it for me

10-157



olesta1@cspinet.org
04/03/2005 11:55 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History: This message has been forwarded.

Date: 04APR05

Name: [REDACTED]

Age: 34

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 01APR05

When problem? 3 hours 00 minutes

When problems end? 02APR05

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet:
- Other:

additional details:

I ate the WOW chips and about 3 hours later.....I was hurting. I messed myself once and sat on the john the rest of the time. I has this staining problem later that night. I had to throw the boxers away. I am filing complaint with the company. Didnt they even test this stuff?

I dont want to be contacted as a person for the public to call the crap man or whatnot....Im just letting someone know about what happens with the WOW chips.

eat olestra again?
problems again?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: , amount: 25 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? after researching olestra on Internet

10-158



olesta1@cspinet.org
04/03/2005 10:48 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History:  This message has been forwarded.

Date: 3-30-05

Name: [REDACTED]

Age: 74

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 3/30/05

When problem? 8 hours minutes

When problems end? 4/3/05

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: mild
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: mild
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: ncne
- Other: my stomach was hurtingand it had gotten so boaled

additional details:

I am sorry to tell you that I willnot buy this item again.Please tell me what this Olestra is because I ATE IT IN potato chips and please do something about it Vangie o;neal

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience? yes

I messed myself I was embarrassed

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? none

Media? No

web site? Google search

10-159



olesta1@cspinet.org
04/06/2005 05:44 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/6/05

Name: [REDACTED]

Age: 25

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 4/6/05, 11:45

When problem? 2 hours 00 minutes

When problems end?

Still persist? Yes

Occations: 1 day

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: STRONG smell

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: PLEASE STOP PUTTING THIS OLESTRA IN OUR FOOD SINCE YOU KNOW THAT IT IS MAKING US PEOPLE SICK Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience? yes

NEXT MORNING I WENT TO A ARTS AND CRAFTS AND WAS TO SEE MY BELLY WAS HURTING

seek medical help? No

emergency room? No

diagnosis? I KNEW WHAT MADE ME SICK -I KNOW WHAT I ATE

medication?

I HAVE BEEN SICK FOR SEVERAL DAYS WHEN IT CLEARS MY BODY I WILL FEEL BETTER

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? WHY should i i gave you the report

Media? No

web site? i looked it up on the internet and was going to write you a letter



olesta1@cspinet.org
04/08/2005 09:52 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/08/2005

Name: [REDACTED]

Age: 51

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 04/001/2005 Noon

When problem? 2 hours minutes

When problems end? 04/08/2005 9:44am

Still persist? No

Occations: 8

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

I wasn't sure the olestra was it at first; because I changed my diabetic medicine and thought that was it, but it happens everyday and the only other thing I do everyday is eat Lay's Light with my lunch and dinner. So I have the problems at work and again once I'm in bed for the night. I just had my last episode with these chips, I just threw them away this morning when I read the ingredients.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? VERY loose bowels

Packet bear label stating olestra may cause? No

Would you have linked your symptoms? No

Which olestra product?

- Original Pringles, size: regular, amount: 15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Using the bathroom for unpleasant gastrointestinal disorders (noise and smell) is embarrassing

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Google search

10-101



olesta1@cspinet.org
04/09/2005 11:19 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4-9-05

Name: [REDACTED]

Age: 31

Sex: Female

Address: [REDACTED]

Occupation: At [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4-7-05 8 pm

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 10.25 oz, amount: 17-20

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? internet search on olestra



olesta1@cspinet.org
04/11/2005 12:30 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/11/05

Name: [REDACTED]

Age: 23

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/5/2005 6:00pm

When problem? 0 hours 10 minutes

When problems end? 4/5/2005 & 20 minutes

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas:
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools:
- Oil in toilet: none
- Other:

additional details:

I only ate a handful about 10 chips of the Light Ruffle Chips. I would not have eaten the chips if I knew about the side effects. There was no warning label on the bag. I think they should have to put a warning label on there.

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? abdominal cramping

Packet bear label stating olestra may cause? No

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 10 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

soiled clothing while sleeping

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? looking up olestra on internet

10-163



olesta1@cspinet.org
04/11/2005 11:53 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/11/05

Name: [REDACTED]

Age: 23

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 4/11/05

When problem? 2 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: ncne
- Other:

additional details:

After eating a normal portion of Light Ruffles containing olestra, I suffered a pretty bad case of diarrhea and abdominal pain. After this experience, I will not buy any products containing olestra.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: Large, amount: handful 7-10

- Tostitos, size: , amount: 3-5

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? internet search

10-164



olesta1@cspinet.org
04/12/2005 10:31 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 4-12-2005

Name: [REDACTED]

Age: 22

Sex: female

Address: [REDACTED]

Occupation: s [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? afternoon

When problem? 1 hours minutes

When problems end? evening

Still persist?

Occations: 1 day

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: mild
- Yellow-orange stains in underwear: moderate
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

I had to go to the ER because they thought i had a misscarriage and i was bleeding and they said it was the olestra in the chips i had been eating for a little over a week.

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: 6 oz, amount: 1/6 of bag

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

The olestra-induced diarrhea made me spend nearly a half hour in the bathroom.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olestra1@cspinet.org
04/14/2005 08:51 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/14/05

Name: [REDACTED]

Age: 21

Sex: F

Address:

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 4/7/04, 4/8/04 & 4/11/04

When problem? hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: moderate
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: none
- Other: Not sure about the oil in the toilet, I went to the bathroom so bad that I started to bleed

additional details:

Immediately after indigestion the chips I experienced instant cramping and a extreme urge to use the bathroom!!!!!! At my first job I was stuck on the toilet for an hour with stomach cramps, gas and diarrhea. I actually had to go home in fear of being toilet bound in my workplace, imagine the embarrassment i felt. The 15 minute drive home was not so pleasant, either. Thinking it was just a stomach virus, I proceeded the next day to eat what I thought was a healthy choice, and yet again I experienced the same along with nausea! I work to jobs just about back to back and was so afraid to go to my waitressing job in fear that I would have the cramps, nausea and sudden urges to use the bathroom. Then I started to experience blood when I would clean up after use of the toilet!!!! SCARY!!!! I thought what the hell is going on. It wasn't until a co-worker had the same chips and read the ingredient label and

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 2 whole bags in one week

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

i passed gas during one of my classes

seek medical help? Yes

emergency room? Yes

diagnosis? olestra in my food

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? looking up facts about olestra on yahoo



olesta1@cspinet.org
04/14/2005 10:28 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/14/2005

Name:

Age: 25

Sex: Female

Address:

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat?

When problem? hours minutes

When problems end?

Still persist? Yes

Occations:

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

brought it to my attention. I never knew of this olestra before then and hope that it will soon be taken off the market. I rather eat the extra calories and not be toilet bound or have a nutrient depletion! My overall health is more important to me than 75 calories that I save through constant bathroom use!

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? GAS, Frequent bathroom use

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: small, amount: few

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

seek medical help?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media?

web site?

10-167



olesta1@cspinet.org
04/14/2005 12:14 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4-14-05

Name: [REDACTED]

Age: 52

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4-13-05

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: one

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: severe
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

ate the tortilla chips with olestra. first, and last time, i have or will ever eat anything with olestra in it....

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eater. the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
04/14/2005 02:32 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/14/05

Name:

Age: 62

Sex: FE

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 4/4/05

When problem? 8 hrs hours minutes

When problems end? 16 hrs

Still persist?

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing:
- Loose stools:
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? explosive dirreha

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: whole package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: irritable bowel syndrome Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

seek medical help? Yes

emergency room? No

diagnosis? unknown

medication? Yes

maalox antacid/anti-gas along with 125 mil. simethicone also

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? but i will call them, thank you

Media? No

web site? did a search for olestra



olesta1@cspinet.org
04/15/2005 10:12 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/15/2005

Name: [REDACTED]

Age: 28

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/14/2005 9 P. M.

When problem? 2 hours, 15 minutes

When problems end? 4/15/2005 12 P. M.

Still persist?

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: none
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: moderate
- Greasy stools: severe
- Oil in toilet: moderate
- Other:

additional details:

My wife had eaten about three or four chips on the same day, she experienced some of these symptoms but not nearly as severe.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: 10 1/4 oz, amount: 1/2 pkg

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: irritable bowel syndrome managed pretty well over last 25 years Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? search engine because of the problems

10-170



olesta1@cspinet.org
04/16/2005 09:56 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History:  This message has been forwarded.

Date: 04/16/05

Name: [REDACTED]

Age: 41

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: (000) 000-0000

Fax: ()

Suffer: Yes

When eat? 04/15/05 7:00pm

When problem? 6 hours 15 minutes

When problems end? 04/16/05 9:00pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea:
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: none
- Other: severe nausea

additional details:

the abdominal cramps were so bad that I almost went to the emergency room. However, the severity pain level (10 on scale of 1-10), was short term enough that it did not warrant a ER visit. The pain subsided to a 7 after a few hours. With abdominal cramps lasting at 3 for the rest of the day. I did contact my family doctor who offered some mild pain medication. I felt I did not need them by that point.

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Soiled my underwear

seek medical help? No

emergency room? No

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Searched for olean side effects

10-171



olesta1@cspinet.org
04/16/2005 11:44 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/16/2005

Name: [REDACTED]

Age: 40

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/15/05 10:00PM

When problem? 0 hours 20 minutes

When problems end? 4/16/05 1:00 AM

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools:
- Oil in toilet:
- Other: SWEATING

additional details:

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? ALL

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: Large, amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

It was initially a concern, because I am insulin dependant diabetic, the pain raised my blood sugars

seek medical help? Yes

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? typed in Olestra to do some research

10-172



olesta1@cspinet.org
04/17/2005 11:06 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

History: This message has been forwarded.

Date: 04/17/2005

Name: [REDACTED]

Age: 54

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 03/17/2005

When problem? 3-4 hours minutes

When problems end?

Still persist? Yes

Occations: 30

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

I usually ate chips with my evening meal (8-9 P.M.). I would awake during the night with severe abdominal pain which were not relieved until I defecated. My stools were always yellow, runny and greasy. I also have experienced extreme lower back pain which has been so debilitating as to hinder my ability to walk or stand. Several years ago I experienced these same symptoms with the exception of the back pain when I began eating WOW chips. When I discontinued eating those chips, the symptoms disappeared. Approximately one month ago, I discovered Lays Light chips and began eating them. These new problems began almost immediately and after reading the ingredients in Lays Light, I realized I was dealing with basically the same situation as before. The back pain is new and has been unbearable and I have

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: LARGE, amount: 17 CHIPS

- Tostitos, size: , amount: 17 CHIPS

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

HAD TO RUN TO THE BATHROOM SEVERAL TIMES WHILE WATCHING A MOVIE AT OUR FRIENDS HOME, ALSO WHILE OUT SHOPPING , DRIVING AND AT HOME LATE AT NIGHT I SPENT 40 MINUTES IN THE BATHROOM ALL W/ SEVERE DIARHEA, CRAMPING, SWEATING, & FLATULENCE.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I JUST LOOKED UP OLESTRA.



olesta1@cspinet.org
04/18/2005 04:17 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/18/05

Name: [REDACTED]

Age: 35

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 04/13/05 noon

When problem? 5 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing:
- Loose stools: none
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: large, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Could not leave home for a day

seek medical help? Yes

emergency room? No

diagnosis? Was asked if I had ate anything new....

medication? Yes
Imodium

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? None as of yet

Media? No

web site? google when searching for info on olestra



olestra1@cspinet.org
04/18/2005 06:27 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/18/05

Name: [REDACTED]

Age: 64

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/8/05 8PM

When problem? 160 hours minutes

When problems end? NOT YET

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet:
- Other:

additional details:

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 10 1/4, amount: a few chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

interrupted social function

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? searching the web



olesta1@cspinet.org

04/18/2005 10:30 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 4.18.05

Name: [REDACTED]

Age: 31

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 4.17.05

When problem? 3 hours minutes

When problems end? 4.18.05

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: moderate
- Oil in toilet: mild
- Other:

additional details:

It's freaky that this stuff is on the market with what it does. my poor boyfriend! thank god we've been together for awhile or he might have been so disgusted. seriously, this stuff is evil.

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: medium, amount: about 3 oz

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

embarrassed that i was doubled over with cramps in bed with my boyfriend

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? i googled olestra



olesta1@cspinet.org
04/19/2005 03:04 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/18/05

Name: [REDACTED]

Age: 38

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/12/05

When problem? 48 hours minutes

When problems end? 4/18/05

Still persist?

Occations: 3days

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: mild
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? ask jeeves



olestra1@cspinet.org
04/19/2005 03:06 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/19/2005

Name: [REDACTED]

Age: 21

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 04/17/2005

When problem? 15 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

I missed class because of Olestra!!!

eat olestra again? No

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
I live in a dorm and the bathroom has stalls...no privacy. A lot of gas and
runny stool. very embarrassing!

seek medical help? No

emergency room?

diagnosis?

medication? Yes

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? search on google about Olestra



olesta1@cspinet.org
04/20/2005 12:25 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/18/2005

Name: [REDACTED]

Age: 37

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 03/05-04/05

When problem? 24 hours minutes

When problems end? Have not yet!

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: severe
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: none
- Other: Dehydration

additional details:

Have been eating olean chips for a couple months-noticed the stool problems but thought it was a stomach virus. After 6 bags of IV fluids in the ER on Saturday from vomitting and diarrhea, I am still vomitting and still have diarrhea today. I have a stapled stomach (for 20 years) and this may cause me to have a more severe reaction-if this product is the cause. Have had no problems in many, many years though-just seems the only difference is these chips. I also experienced a full, tight feeling in my chest after eating them which I contributed to overeating-though I actually had not eaten many at the time. Still sick tonight....is a label truly that difficult to impose when we face this possibility?

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: large, amount: 1/4
- Ruffles Cheddar, size: large, amount: 1/4

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: my stomach is stapled but I do not have a problem with regular chips or even most foods-has been 20 years since my surgery. I am a commonly healthy person. Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Vomitting on the side of the highway, ruining my bedding and clothes

seek medical help? Yes

emergency room? Yes

diagnosis? Dehydration

medication? Yes

Zofran, Imodium, 6 bags of IV Fluids

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Brother-experienced similiar



olesta1@cspinet.org
04/20/2005 03:38 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/20/2005
Name: [REDACTED]
Age: 63
Sex: Female
Address: [REDACTED]
Occupation: [REDACTED]
Email: [REDACTED]
Phone: [REDACTED]
Fax: ()

Suffer: Yes

When eat? 07/17/2005

When problem? 12 hours minutes

When problems end? still in pain

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: cramping

additional details:

I ate them for a snack at lunch time three days before I realized the cramping was from the chips I had eaten. I would get cramps in the evening and they got more severe each day. I thought I pulled a muscle. After the third day I had severe diarrhea. I lasted all morning. It is now 3 days later and I still am getting cramps in my lower abdomen.

eat olestra again? No

problems again? Yes

Problem(s) reoccurred? stomach cramps

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: medium, amount: 1/2
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: constipation Did you have the flu, allergy, or other illness that
might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
I could not do what I planned to do that day.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? web search



olesta1@cspinet.org
04/20/2005 10:49 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/20/2005

Name: [REDACTED]

Age: 22

Sex: FEMALE

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? APRIL 20, 2005 5:00 pm

When problem? 0 hours 15 minutes

When problems end? still occuring

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: mild
- Yellow-orange stains in underwear: moderate
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? all of the above

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles Cheddar, size: 10 1/4 oz., amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

uncontrollable bowels in class, embarrassment

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? yahoo!



olesta1@cspinet.org

04/21/2005 10:29 AM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 04/21/05

Name: [REDACTED]

Age: 39

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? Apr 20 @ 12:30 p.m.

When problem? 2 hours minutes

When problems end? Apr 20 @ 3:30 p.m.

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools:
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
I had to leave school before I picked them up to get home in time. Was late
returning to school to pick them up.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? searched 'yahoo' for olestra



olesta1@cspinet.org
04/21/2005 09:22 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/21/05
Name: [REDACTED]
Age: 26
Sex: F
Address:
Occupation:
Email:
Phone: ()
Fax: ()

Suffer: Yes

When eat? 04/16/05 -- afternoon

When problem? 24 hours minutes

When problems end? not yet

Still persist? Yes

Occations: 5

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: none
- Fecal urgency: none
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: moderate
- Other:

additional details:

eat olestra again? Yes
problems again? Yes

Problem(s) reoccurred? all of the above

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes
specify GI: IBS - constipationDid you have the flu, allergy, or other illness
that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Searched the internet for over an hour to find what my symptoms could be
caused from

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org

04/21/2005 09:47 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 4/21/2005

Name: [REDACTED]

Age: 35

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/7/05 Aprox: 8:30 PM

When problem? 2-3 hours minutes

When problems end? 4/8/05 2:30PM

Still persist? No

Occations: 2

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: moderate
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: moderate
- Other:

additional details:

I am on a nutritional life change, trying to eat less fat and cholestrol and at the same time loss weight. When I brought these chips to work a co-worker told me not to eat them because they made her sick. I work at a hospital and one of the doctors stated that he would not have a recommend anything with olean in it. I ate them anyway to my dismay. I was doubled over in pain. I wish that I could write across the sky "DON'T EAT ANYTHING WOITH OLESTRA IN IT" sky for everyone to see. Since I have ate these I have talked to other people who have experienced the same thing. Why does't the food and drug adm. take this off the market, are they waing for someone to die. Maybe we should write to the some of the movie stars, big recording artist or people with lots of money (Donald Trump, Bill Gates, Oprah)they will do something then. They dont care about us no namers, we don't have the power to stop it. But if there is anything that I can to make the link shorter feel free to contact me

BAN OLESTRA
Sick in Philly

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
I lost a day and a half at work, had to reschedule and important meeting and
embarrassment

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Google Search



olesta1@cspinet.org
04/22/2005 02:29 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 04/21/05

Name: [REDACTED]

Age: 36

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 04/20/05 9:00a.m.

When problem? 9 hours 0 minutes

When problems end? 04/21/05

Still persist?

Occations: 2

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency: none
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: abdominal cramping and severe pain

additional details:

I took 2 Tylenol, no relief. I took 2 pepto bismol, some relief. I took 2 extra strength Gas X, some relief. 2 more Gas X next day, some relief

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: , amount: 1/2 large bag

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I am the co-chair and repeatedly had to leave due to pain

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org
04/22/2005 08:07 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: April 22, 2004

Name: [REDACTED]

Age: 60

Sex: M

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? April 20, 2005 Noon

When problem? 3 hours 00 minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 1 ounce, amount: whole pkg.

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? plan to on Monday morning

Media? Yes

web site? Google Search



olesta1@cspinet.org
04/26/2005 02:59 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/26/05

Name: [REDACTED]

Age: 43

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? consistently

When problem? hours minutes

When problems end? to date

Still persist? Yes

Occations: 5

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: moderate
- Nausea: none
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

How dangerous is this to my health?

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? All of the above

Packet bear label stating olestra may cause? No

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Original Pringles, size: , amount: whole pkg.
- SCO Pringles, size: , amount: whole pkg.
- Ruffles Cheddar, size: , amount: whole pkg.

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Didn't make it to the bathroom

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? I looked up Olean wondering if it could be the problem



olesta1@cspinet.org
04/26/2005 05:20 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: This message has been forwarded.

Date: 04/26/05

Name: [REDACTED]

Age: 39

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 04/15/05

When problem? hours 30 minutes

When problems end? hasent ended yet

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: severe
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: severe
- Yellow-orange stains in underwear: mild
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I will never eat another product from Frito Lay as long as I live and neither will Any of my family members.

eat olestra again? No

problems again? Yes

Problem(s) reoccurred? cramping and diarrhea

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: 1oz bag, amount:
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have
explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Had to leave my workstation for 1 hour for bathroom relief which everyone who
came in knew it.

seek medical help? Yes

emergency room? No

diagnosis? Food poisoning

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? I did a search on Olestra



olesta1@cspinet.org

04/27/2005 08:43 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 4/27/05

Name: [REDACTED]

Age: 48

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/26/05 noon

When problem? 12 hours 0 minutes

When problems end?

Still persist? Yes

Occations: 20

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: none
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

orange oily floating dots with bowel movement- am a nurse - was concerned - googled - saw olestra mentioned - am on weight loos program - very concerned - had never, as a nurse, seen this problem - no health problems - i eat lays light daily for about 3 weeks - about 30-45 chips/day - love them - glad to hear maybe olean can cause.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? No

Which olestra product?

- Lay's Regular, size: 15, amount: 17
- Lay's KC Masterpiece BBQ, size: , amount:
- Ruffles, size: 15, amount: 20
- Ruffles Cheddar, size: 15, amount: 15

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? No

web site? google



olesta1@cspinet.org
04/30/2005 11:26 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 4/30/05

Name: [REDACTED]

Age: 35

Sex: Female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? approx April 15 after 7 pm

When problem? 48 hours minutes

When problems end? April 19th

Still persist? No

Occations: approx 5 days

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: severe
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: severe
- Other: tremendous odor

additional details:

a few years back i only had one instance of a situation that occurred above. i ate WOW chips on a daily basis. possibly a non digestible fiber was taken daily as well which caused constipation if not drunk with a substantial amount of water (chitosan). so with all that being said, in the past my experience with "WOW" was very good. but after having feces on my clothing at work (severely embarrassing) i do not think i want to take a chance again in eating them.

eat olestra again? No
problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? Yes

Would you have eaten the chips? Yes

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: large, amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

i stayed in my office and darted back and forth to the restroom to use hand towels to "wash and wipe" the feces that was coming out unbeknownst to me

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? Yes

Contact Company? No

response?

Media? Yes

web site? researching



olesta1@cspinet.org

05/01/2005 08:52 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 5/1/2005

Name: [REDACTED]

Age: 48

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 4/30/2005

When problem? 3 hours minutes

When problems end? 4/30/05

Still persist? No

Occasions: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing:
- Loose stools: mild
- Nausea: none
- Fecal urgency: mild
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: mild
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No

problems again? No

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 10 1/4 oz, amount: 15 chips

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? Yes

specify GI: hiatal hernia Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response? i will

Media? No

web site? google search



olesta1@cspinet.org
05/04/2005 07:47 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05/03/05
Name: [REDACTED]
Age: 29
Sex: F
Address:
Occupation: [REDACTED]
Email: [REDACTED]
Phone: ()
Fax: ()

Suffer: Yes

When eat? Ruffles & Lays Light

When problem? 12 hours minutes

When problems end?

Still persist? Yes

Occations: 2-3

Problems/Severity:

- Diarrhea:
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: moderate
- Fecal urgency:
- Flatulence/Gas:
- Bloating:
- Abdominal cramps: mild
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

I am a breast-feeding mother. My baby had explosive, foul-smelling loose, watery, runny stools that were greener in color (usually brown/tan). He was also more gassy and irritable than normal. I did not realize that the chips I ate contained Olestra as my mother had bought and served them.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Lay's Regular, size: , amount:

- Ruffles, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company?

response?

Media?

web site?



olesta1@cspinet.org
05/05/2005 04:56 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: May 5, 2005

Name: [REDACTED]

Age: 65

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? May 3, 2005

When problem? 24 hours minutes

When problems end? hasn't ended yet

Still persist? Yes

Occations: 2

Problems/Severity:

- Diarrhea: mild
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea:
- Fecal urgency:
- Flatulence/Gas: mild
- Bloating:
- Abdominal cramps: mild
- Vomiting:
- Yellow-orange stains in underwear: moderate
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

i thought i was hemmoraging (toilet was all rust colored) and it scared the hell out of me until i realized that the stains (that went all the way through my underwear and onto a chair) were the exact color of the chips. the chips were so delicious that i looked on the bag to see what the ingredients were. when i saw olestra named, i remembered a previous experience with gas pains a few years ago. but it was already too late, they had been eaten. YUMMY never again. that stuff is poison.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's KC Masterpiece BBQ, size: , amount:

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience?

see my note above

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response?

Media? Yes

web site? looked up olestra on google.

10-193



olesta1@cspinet.org
05/05/2005 07:15 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

History: This message has been forwarded.

Date: 5/5/05

Name: [REDACTED]

Age: 65

Sex: f

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer:

When eat?

When problem? hours minutes

When problems end?

Still persist?

Occations:

Problems/Severity:

- Diarrhea:
- Couldn't control bowels; soiled clothing:
- Loose stools:
- Nausea:
- Fecal urgency:
- Flatulence/Gas:
- Bloating:
- Abdominal cramps:
- Vomiting:
- Yellow-orange stains in underwear:
- Greasy stools:
- Oil in toilet:
- Other:

additional details:

i sent a form in earlier, but since then i dug the empty bag from my garbage and there is nowhere on the bag that states that "olestra may cause abdominal cramping and loose stools. i looked very carefully. if it's there, it's invisible.

i spoke to my husband after he came home from work today and he said he had loose and orange colored stools also and he had soiled his underwear. he ate a lot less than i did.

we also talked about other symptoms that occurred and we both had an itchy rashy feeling on our faces.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems?

Did you have the flu, allergy, or other illness that might have explained your problems?

Where/when problems occur?

safety problems/inconvenience?

seek medical help?

emergency room?

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again?

Contact Company?

response?

Media?

web site?



olesta1@cspinet.org

05/05/2005 10:44 PM

To olestra@cspinet.org

cc

bcc

Subject Olestra Form

Date: 5/5/05

Name: [REDACTED]

Age: 23

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/4/05 afternoon

When problem? 5 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: mild
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: severe
- Oil in toilet: severe
- Other:

additional details:

I strongly believe that the company should warn consumers about the olestra in the products. I had a problem with the WOW! chips years ago and would not ever eat olestra knowingly after that. I think that people should make sure to read ingredients on packages to prevent what I am going through. This is just awful!

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Lay's Regular, size: large, amount: approximately 1 serving

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

I am an at home mom, with 4 kids ages ranging from 6 to newborn. It was very hard to keep a watch on the children and run to the bathroom every 5 minutes!

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? search engine

10-195



olesta1@cspinet.org
05/05/2005 11:57 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05/05/05

Name: [REDACTED]

Age: 46

Sex: female

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 04/2005-05/05/05

When problem? hours minutes

When problems'end?

Still persist? Yes

Occations: several

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: mild
- Other:

additional details:

I bought WOW chips because they are fat free, but I have had abdominal pain for about 2 weeks. Then all this week I have had bouts of diarrhea, with abdominal cramping. Today it got worse at work. I had diarrhea frequently. Then tonight when I came home, I thought if I ate some chips, it might settle my stomach. Then I was reading on the package it had Olestra, I thought I had heard something about that on the news several years ago and decided to look it up. I found this site.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media?

web site? I looked up olestra

10-196



olesta1@cspinet.org
05/06/2005 01:40 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05/06/05

Name: [REDACTED]

Age: 29

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email:

Phone: ()

Fax: ()

Suffer: Yes

When eat? 05/05/05 afternoon and evening

When problem? 2 hours minutes

When problems end? ongoing

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: none
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: moderate
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other: weakness, shaking, vagal nerve stimulation, fever

additional details:

I went to the dr after experiencing issues related to Olestra. The Dr did beleive the issues are olestra related, and beleived that due to the sever cramping, the vagal nerve was stimulated. Thus, I was feeling dizzy, shaky, and weak.

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Tostitos, size: , amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? Yes

emergency room? No

diagnosis? Severe reaction, vagal nerve irritation

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site? Earthlink

10-197



olesta1@cspinet.org
05/07/2005 10:09 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5-7-05

Name: [REDACTED]

Age: 26

Sex: Male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5-3-05 8pm

When problem? 12 hours 0 minutes

When problems end? 5-5-05 1pm

Still persist? No

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: none
- Bloating:
- Abdominal cramps: none
- Vomiting: none
- Yellow-orange stains in underwear: none
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? Yes

problems again? Yes

Problem(s) reoccurred? Sudden, urgent, projectile stools

Packet bear label stating olestra may cause?

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Doritos Nacho Cheesier, size: 10.5 oz, amount: 4 oz

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Had to run out of a meeting

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? No

web site?



olesta1@cspinet.org
05/08/2005 11:54 AM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 8 May 2005

Name: [REDACTED]

Age: 27

Sex: female

Address: [REDACTED]

Occupation: G [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? one pack of pringles along one week

When problem? 24hrs hours minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: No
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: moderate
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: regular, amount: 16/day

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Gas in the gym

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? google search



olesta1@cspinet.org
05/09/2005 09:14 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/9/2005

Name: [REDACTED]

Age: 57

Sex: m

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 05/09/2005 13:00

When problem? 5 hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: Yes
- Loose stools:
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: moderate
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: mild
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? Yes
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause?

Would you have eaten the chips?

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

- Ruffles, size: medium, amount: 12-15 chips
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
In car, unable to reach toilet.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response?

Media? Yes

web site? web search



olesta1@cspinet.org
05/10/2005 04:15 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05/10/05

Name: [REDACTED]

Age: 35

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? 5/8/05 3PM & 5/10 11AM

When problem? 2 hours minutes

When problems end? hasn't

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: severe
- Couldn't control bowels; soiled clothing: No
- Loose stools: severe
- Nausea: severe
- Fecal urgency: moderate
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: moderate
- Oil in toilet: mild
- Other: severe lower back pain

additional details:

I didn't realize that it was anything I had eaten but it has continued for a couple of days now. I didn't know that the Pringles contained olestra. I have heard about it a few years ago. I think that a label does need to be put on the front of the can. I am very angry because it severely hurts and the nausea is bad.

eat olestra again?

problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Original Pringles, size: 6.5, amount: 1/2
Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes
Have to keep going to the bathroom at work and it's very noticable that I am going in there alot.

seek medical help? No

emergency room? No

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response? but I will

Media? Yes

web site? search engine

10-201



olesta1@cspinet.org
05/10/2005 09:37 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 5/10/05

Name: [REDACTED]

Age: 54

Sex: F

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: [REDACTED]

Fax: ()

Suffer: Yes

When eat? 5/09/05 12:30 pm

When problem? 7hrs hours minutes

When problems end?

Still persist? Yes

Occations: 1

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing:
- Loose stools: moderate
- Nausea: none
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: mild
- Vomiting: none
- Yellow-orange stains in underwear: mild
- Greasy stools: none
- Oil in toilet: none
- Other:

additional details:

eat olestra again? No
problems again?

Problem(s) reoccurred?

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms? Yes

Which olestra product?

- Ruffles, size: 10 1/4 ounce, amount: 1/2 package

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No

specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? yes

Excessive gas, some cramps, unable to function as normal.

seek medical help? No

emergency room? No

diagnosis?

medication?

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? Yes

response? Ask Kelly response-Call during business hours.

Media? Yes

web site? Under search for "Olestra"

10-202



olesta1@cspinet.org
05/11/2005 05:37 PM

To olestra@cspinet.org
cc
bcc
Subject Olestra Form

Date: 05-10-2005

Name: [REDACTED]

Age: 49

Sex: male

Address: [REDACTED]

Occupation: [REDACTED]

Email: [REDACTED]

Phone: ()

Fax: ()

Suffer: Yes

When eat? March 2005

When problem? 1 hours minutes

When problems end?

Still persist? Yes

Occations: 3

Problems/Severity:

- Diarrhea: moderate
- Couldn't control bowels; soiled clothing: Yes
- Loose stools: moderate
- Nausea: mild
- Fecal urgency: severe
- Flatulence/Gas: severe
- Bloating:
- Abdominal cramps: severe
- Vomiting: none
- Yellow-orange stains in underwear: severe
- Greasy stools: severe
- Oil in toilet: mild
- Other:

additional details:

eat olestra again? No

problems again? Yes

Problem(s) reoccurred? Fecal Urgency,soiled underwear

Packet bear label stating olestra may cause? No

Would you have eaten the chips? No

Read label before eating?

Would you have linked your symptoms?

Which olestra product?

Eat with a meal? Which meal?

Eat as a snack?

History of GI problems? No
specify GI: Did you have the flu, allergy, or other illness that might have explained your problems? No

Where/when problems occur?

safety problems/inconvenience? No

seek medical help? No

emergency room?

diagnosis?

medication? No

contact doctor?

Doctor:

Eat olestra products again? No

Contact Company? No

response?

Media? Yes

web site? Internet, I am trying to find out more about Olestra. I believe other companies have this in their products and are not listing this ingredient on their package. I believe alot of products that advertize "NoTrans Fat" have this chemical in thir products. I want to know the chemical name for this ingredient so I will not be eating this!!!